



BECOME A MENTAL HEALTH FIRST AIDER

is pleased to provide **Mental Health First Aid (MHFA) training** for staff

About 1 in 4 Aboriginal and Torres Strait Islander people experience a common mental illness each year. Mental Health First Aid training will teach you practical skills to support a person with a mental health problem. Make a real difference to the people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in Aboriginal and Torres Strait Islander people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

DATES

TIMES

COST

VENUE

FACILITATOR/S



HOW DO I SIGN UP?

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid